

FOR A HEALTHIER YOU

Quarterly Employee Health e-Newsletter



NASA Office of the Chief Health and Medical Officer Occupational Health

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Emotional Tips During Hard Economic Times: The Road to Resilience



People generally adapt well over time to life-changing situations and stressful conditions such as death of a loved one, loss of a job, major illness, or a serious strain on the local, national, and global economy that affects their lives and livelihood - as being experienced in the recent weeks.

It is only normal to react to such circumstances with a flood of strong emotions and a sense of uncertainty. However, to adapt well in the face of adversity, tragedy, or other sources of significant workplace and financial stress we must understand **resilience**, the ability to bounce back from difficult experiences.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed. An approach to building resilience that works for one person might not work for another. People use varying strategies. The following steps may be appropriate to consider when developing your personal strategy:

1. Make connections: Develop good, close relationships with family and friends. Accept help and support from those who care.
2. Avoid seeing crises as insurmountable problems: Change how you interpret and respond to the event. After all, you can't change the fact that it has happened.
3. Accept that change is a part of living: Accept circumstances that can not be changed, and that certain goals may no longer be attainable.

4. Keep your focus on achievable goals and move towards them: Set realistic goals and do something regularly that enables you to move toward your goals.
5. Take decisive actions: Do not detach completely from problems and stresses. You can't wish them to go away.
6. Nurture a positive view of yourself: Develop confidence in your abilities.
7. Maintain a hopeful outlook: Visualize what you want, rather than worrying about what you fear.
8. Take care of yourself: Pay attention to your own health needs. Keep your mind and body primed to deal with situations that require resilience.

We can develop resilience, and we can help our children develop the skills as well by following these very steps. You may download The Road to Resilience Brochure by visiting www.apahelpcenter.org.

For self-care issues, tips on healthy living, and means of keeping your mind and body primed visit www.nasahealthieryou.com, the unique identifier is **healthiernauta**, one word not case sensitive.

Resource:

This article is an excerpt from a brochure titled "The Road to Resilience" from the American Psychological Association
www.apahelpcenter.org

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